



Motivation Tips

Visualize - Close your eyes and imagine that you're taking a test in a difficult course. See yourself answering the questions correctly and getting the grade you want. Imagining a scene like this is called *visualization*. This is a technique used by successful students, athletes, and leaders around the world. Visualize your success!

Use motivating "self notes" - Write motivating words, ideas, and/or quotes on sticky notes. Put these notes on your mirror, computer, or anywhere you're likely to see them.

Expect to work hard - Learning should be challenging, and you should expect it to be difficult at times. Just know that you can rise to the challenge.

Take care of your mind and body - Eat a healthy diet, get regular exercise, find healthy ways to deal with stress, and get plenty of sleep.

Turn failures into successes - When something doesn't go well, try to learn from the experience.

"Failure is the opportunity to begin again more intelligently." Henry Ford

Don't Give Up

Even the most successful people deal with failure and doubt. They just don't give up!

Michael Jordan was cut from the high school varsity basketball team his sophomore year.

Walt Disney was fired by a newspaper editor because he had "no good ideas."

Raised in extreme poverty, Oprah Winfrey didn't own a pair of shoes until she was six. She is now a billionaire.

Thomas Edison once had a teacher who told him that he was too stupid to learn anything.

Steven Spielberg, an Academy Award winning director, was rejected by USC's film school three times.

J.K. Rowling was living on welfare before she wrote the *Harry Potter* series.

Winston Churchill failed the sixth grade.

"If we did all the things we are capable of doing, we would literally astonish ourselves."

Thomas Edison



Study Tips and Strategies InfoGuide

Staying Motivated - Item 753

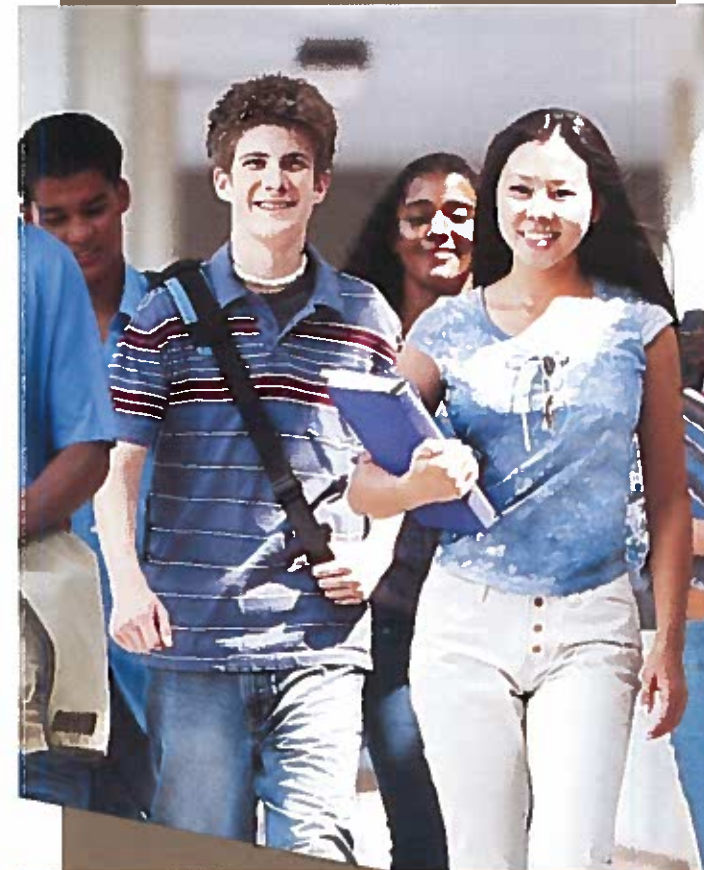
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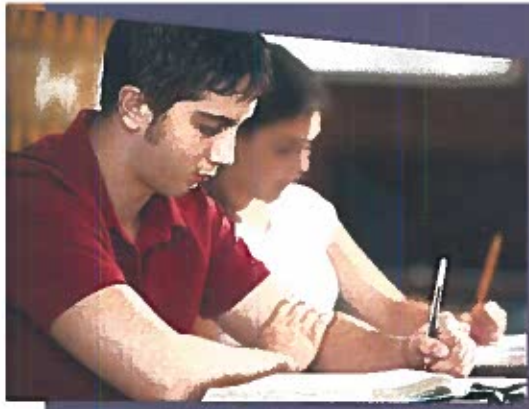
2014 Edition

▲ **Raise Your Grades**

Staying Motivated



Study Tips and Strategies



Staying Motivated

- ▶ Do you give up on schoolwork too easily?
- ▶ Do you think negative thoughts about yourself and your abilities?
- ▶ Do you sometimes wonder if school is worth the effort?
- ▶ Would you like to feel more confident about yourself, and more optimistic about your future?

If you answered yes to any of the above, it's important that you find ways to feel more positive about yourself and about school.

Changing the way you feel about your academic abilities or the importance of your education involves making changes in both your thinking and your behavior.

Remember, your education is an investment in your future! More than anything else, your education will determine the kinds of choices and opportunities you are going to have in life!

Have a Positive Attitude

Believe in yourself

Have you ever heard a coach talk to a team before a game? In pregame speeches, coaches try to energize their players and make them believe they can win. This is because coaches know people have a greater chance of succeeding if they believe in themselves. Whether you're an athlete preparing for competition or a student tackling a difficult subject, it's important that you recognize the talents and abilities you have, and that you believe you can succeed!

"To succeed, we must first believe that we can."
Michael Korda

Surround yourself with positive people

In life, we come across all kinds of people. Some are positive influences in our lives and some are not. Try to stay away from people who are negative or critical. Choose to be around people who support and encourage you. These are the people who will help you achieve your goals and dreams.

"Surround yourself with people who believe in you."
Brian Koslow

Move with positive energy

Show interest in your classes and in those around you. Stand tall, walk with confidence, and smile. *If you act positive, you just may find that you feel more positive.*

Plan for Success

Set goals

Goals give you direction. They help you decide where you want to go and what you need to do. Have a list of both short-term goals (e.g., get a B on Monday's test) and long-term goals (e.g., become a lawyer). *"Without goals and plans to reach them, you are like a ship that has set sail with no destination."*

Fitzhugh Dodson

Focus on your strengths

While it's natural to focus more on our shortcomings and weaknesses, your strengths are where your future lies. Identify your talents and strengths and look for ways to nurture and develop them.

"You will excel only by maximizing your strengths..."
Donald O. Clifton

Self talk

We all have a voice inside our head, and when things aren't going well, that voice can be negative and critical. You can help yourself stay positive and motivated by changing your "self talk."

Replace "I'm terrible at math" with "I'm smart - I can do this." Changing how you think will change how you feel, and how you act.

"To change who you are, change who you think you are."
Jonathan Lockwood Huie